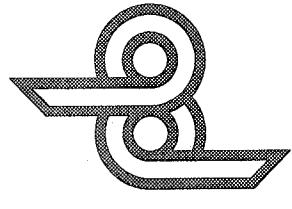


PARABODY INC.



AB/BACK EXTENSION
473

PRODUCT ASSEMBLY
INSTRUCTION SHEETS

TOOLS REQUIRED FOR ASSEMBLY

- 3/4 INCH WRENCH
- 9/16 INCH WRENCH
- ADJUSTABLE WRENCH
- RUBBER MALLET or HAMMER

REVISION: B

If you experience any problem with the assembly of this product, please contact your dealer
or your PARABODY Customer Service Representative at:

1-800-328-9714

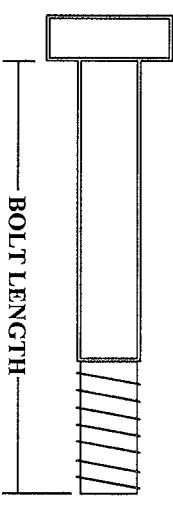
473 AB/BACK EXTENSION ASSEMBLY PARTS LIST

SORT AND COUNT ALL PARTS BEFORE BEGINING ASSEMBLY

HARDWARE:

ITEM	NAME/DESCRIPTION	QTY
1.	1/2 X 4 IN. BOLT	1
2.	3/8 X 3-1/4 IN. BOLT	2
3.	3/8 X 3 IN. BOLT	5
4.	3/8 X 2-3/4 IN. BOLT	4
5.	3/8 IN. WASHER	18
6.	3/8 IN. FLANGE WASHER	4
7.	1/2 IN. LOCK NUT	1
8.	3/8 IN. LOCK NUT	7
9.	L-PIN	1
10.	1/2 IN. FLANGE BEARING	2
11.	1 IN. STAR LOCK COLLAR	1
12.	THUMB SCREW	2
13.	2 IN. SQ. END CAP	5
14.	1-3/4 IN. SQ. END CAP	2
15.	5-1/2 X 2-1/2 IN. NON SKID STRIP	4
16.	CARRIAGE GUIDE	2
17.	PARAGLIDE STRIP (8 PER)	2

NOTE: BOLT LENGTH IS MEASURED FROM THE UNDERSIDE OF THE HEAD OF THE BOLT.



BOLT LENGTH RULER:

0	1/2	1	1/2	2	1/2	3	1/2	4	1/2	5	1/2	6
---	-----	---	-----	---	-----	---	-----	---	-----	---	-----	---

473 AB/BACK EXTENSION ASSEMBLY INSTRUCTIONS

13. Attach eight (8) PARAGLIDE STRIPS to the inside surfaces on both ends of the ADJUSTABLE STOP TUBE on the ADJUSTABLE SEAT SUPPORT as shown in (DETAIL B) using the following steps:

- Thoroughly clean all inside surfaces where the PARAGLIDE STRIPS are to be attached.
- Remove the PARAGLIDE STRIPS from its paper backing and firmly apply them to all shown surfaces (8 places).

14. Insert the BACK PAD SUPPORT into the ADJUSTABLE STOP TUBE on the ADJUSTABLE SEAT SUPPORT as shown on drawing, and hold in place with one (1) THUMBSCREW. (THE HEIGHT OF THE BACK PAD ASSEMBLY WILL BE ADJUSTED BEFORE PERFORMING THE EXERCISE)

15. Insert two (2) 2 IN. SQ. END CAPS into each end of the PIVOT ARM as shown on drawing.

16. Insert two (2) 1/2 IN. FLANGE BEARING into each end of the BUSHING on the PIVOT ARM.

17. SECURELY assemble the PIVOT ARM to the UPRIGHT FRAME as shown on drawing, using one (1) 1/2 X 4 IN. BOLT, and one (1) 1/2 IN. LOCK NUT. (TIGHTEN THE CONNECTION ENOUGH TO REMOVE THE PLAY, YET ALLOWING THE PIVOT ARM TO ROTATE FREELY)

18. Attach two (2) CARRIAGE GUIDES to the BASE of the UPRIGHT FRAME were the PIVOT ARM makes contact. (SEE DRAWING)

19. SECURELY assemble the CHEST/BACK BAR and the CONNECTOR PLATE to the PIVOT ARM as shown on drawing, using two (2) 3/8 X 3-1/4 IN. BOLTS, four (4) 3/8 IN. WASHERS, and two (2) 3/8 IN. LOCK NUTS. (NOTE: BEFORE FULLY TIGHTENING MAKE SURE THE BAR IS PARALLEL WITH THE FLOOR)

20. Slide two (2) ROLLER PADS over the P.V.C. PIPE, until the PADS are flush with one end. (SEE DETAIL A) (NOTE: LIGHTLY SPRAY THE INSIDE OF THE ROLLER PADS WITH WINDOW CLEANER FOR EASE OF INSTALLATION)

21. Slide the P.V.C. PIPE (WITH ROLLER PADS) over the CHEST/BACK BAR as shown on drawing. Then attach one (1) 1 IN. STAR LOCK COLLAR to the end of the BAR.

22. Before performing the AB CRUNCH exercise:

- Adjust the ADJUSTABLE SEAT SUPPORT height so that the ROLLER PADS are aligned just below the clavicle.
- Slide hips back into the BACK PAD.
- Place feet under or on top of the FOOT REST TUBE of the BASE FRAME.
- Place hands on top of thighs or ROLLER PADS.
- Lift and lower weight in a fluent motion.

23. Before performing the BACK EXTENSION exercise:

- Adjust the ADJUSTABLE SEAT SUPPORT height so that the ROLLER PADS contacts the base of the shoulder blades.
- Straddle or remove the BACK PAD SUPPORT.
- Place feet against the BASE LEG of the BASE FRAME, with knees bent slightly, and hips aligned with the PIVOT of the PIVOT ARM.
- Place hands on top of thighs.
- Lift and lower weight in a fluent motion.

473 AB/BACK EXTENSION ASSEMBLY INSTRUCTIONS

473 AB/BACK EXTENSION ASSEMBLY PARTS LIST

IMPORTANT:

- THE BODYSMITH AB/BACK EXTENSION SHOULD BE ASSEMBLED ON A FLAT LEVEL SURFACE TO ASSURE ITS PROPER FUNCTION.

1. Insert two (2) 2 IN. SQ. END CAPS into both ends of the BASE FRAME on the BASE LEG as shown on drawing.
2. Attach two (2) 5-1/2 X 2-1/2 IN. NON SKID STRIPS to the FOOT REST TUBE, and two (2) 5-1/2 X 2-1/2 IN. NON SKID STRIPS to the BASE LEG on the BASE FRAME approximately where shown on the drawing.
3. Insert one (1) 2 IN. SQ. END CAP into the end of the UPRIGHT FRAME as shown on drawing.
4. LOOSELY assemble the UPRIGHT FRAME to the BASE FRAME as shown on drawing, using one (1) 3/8 X 3 IN. BOLT, two (2) 3/8 IN. WASHERS, and one (1) 3/8 IN. LOCK NUT.
5. LOOSELY assemble the SEAT SUPPORT FRAME to the BASE FRAME and the UPRIGHT FRAME as shown on drawing, using four (4) 3/8 X 3 IN. BOLTS, eight (8) 3/8 IN. WASHERS, and four (4) 3/8 IN. LOCK NUTS.
6. AT THIS TIME TIGHTEN THE BOLT CONNECTIONS FROM STEPS 4 AND 5
7. Insert one (1) 1-3/4 IN. SQ. END CAP into the front end of the ADJUSTABLE SEAT SUPPORT as shown on drawing.

8. SECURELY assemble the SEAT PAD to the ADJUSTABLE SEAT SUPPORT as shown on drawing, using two (2) 3/8 X 2-3/4 IN. BOLTS, two (2) 3/8 IN. LOCK WASHERS, and two (2) 3/8 IN. WASHERS. (MAKE SURE THE CLIP ON END OF PAD IS FACING THE ADJUSTABLE STOP TUBE)

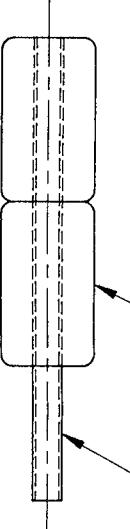
9. Attach four (4) PARAGLIDE STRIPS to the outside surfaces of the ADJUSTABLE SEAT SUPPORT, and four (4) PARAGLIDE STRIPS to the inside surfaces of the SEAT SUPPORT FRAME as shown in (DETAIL A) using the following steps:
 - Thoroughly clean all surfaces where the PARAGLIDE STRIPS are to be attached.
 - Remove the PARAGLIDE STRIPS from its paper backing and firmly apply them to all shown surfaces (8 places).
10. Insert the ADJUSTABLE SEAT SUPPORT into the SEAT SUPPORT FRAME as shown on drawing, and hold it in place with one (1) L-PIN, and one (1) THUMBSCREW. (THE HEIGHT OF THE SEAT ASSEMBLY WILL BE ADJUSTED BEFORE PERFORMING THE EXERCISE)
11. Insert one (1) 1-3/4 IN. SQ. END CAP into the top end of the BACK PAD SUPPORT as shown on drawing.
12. SECURELY assemble the BACK PAD to the BACK PAD SUPPORT using, two (2) 3/8 X 2-3/4 IN. BOLTS, two (2) 3/8 IN. LOCK WASHERS, and two (2) 3/8 IN. WASHERS. (MAKE SURE THE CLIP ON END OF PAD IS FACING DOWN)

SORT AND COUNT ALL PARTS BEFORE BEGINNING ASSEMBLY

WELDMENT/PARTS:

ITEM	NAME/DESCRIPTION	QTY
1.	BASE FRAME	(6355001).....1
2.	UPRIGHT FRAME	(6358601).....1
3.	SEAT SUPPORT FRAME	(6400201).....1
4.	PIVOT ARM	(6357201).....1
5.	CHEST/BACK BAR	(6400801).....1
6.	ADJUSTABLE SEAT SUPPORT	(6356701).....1
7.	BACK PAD SUPPORT	(6356801).....1
8.	CONNECTOR PLATE	(6400701).....1
9.	SEAT PAD	(6401301).....1
10.	BACK PAD	(6400901).....1
11.	4 X 7 IN. ROLLER PAD	(6194601).....2
12.	20-1/8 P.V.C. PIPE	(6357501).....1

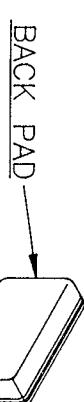
REVISIONS	REVISIONS	REVISIONS
REF A NEW RELEASE	REF B REV'D	REF C APPROVED
REF D DATE 12/14/94	REF E DATE 22/57	REF F DATE 12/14/94



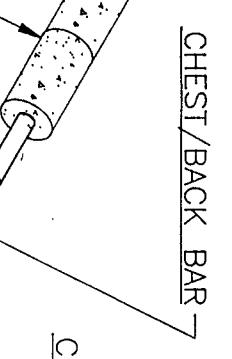
3/8 X 2-3/4 IN. BOLT (2)
3/8 IN. LOCKWASHER (2)
3/8 IN. WASHER (2)

DETAIL C

1-3/4 IN. SQ. END CAP

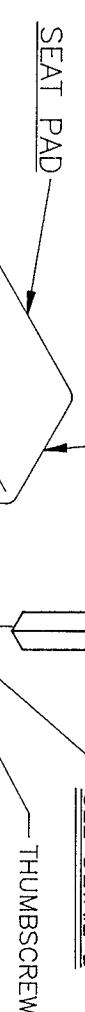


1 IN. STARLOCK COLLAR



SEAT SUPPORT FRAME
CONNECTOR PLATE
PIVOT ARM

3/8 IN. WASHER (4)
3/8 IN. LOCKNUT (2)



SEE DETAIL C
SEE DETAIL B
BACK PAD SUPPORT



ADJUSTABLE STOP TUBE
SEE DETAIL A

1-3/4 IN. SQ. END CAP

3/8 IN. WASHER (2)
3/8 IN. LOCKWASHER (2)

3/8 X 2-3/4 IN. BOLT (2)

3/8 IN. WASHER (2)

3/8 IN. WASHER (2)

SEE DETAIL A

1-3/4 IN. SQ. END CAP

3/8 IN. WASHER (2)
3/8 IN. LOCKWASHER (2)

3/8 X 2-3/4 IN. BOLT (2)

3/8 IN. WASHER (2)

3/8 IN. WASHER (2)

SEE DETAIL A

1-3/4 IN. SQ. END CAP

3/8 IN. WASHER (2)
3/8 IN. LOCKWASHER (2)

3/8 X 2-3/4 IN. BOLT (2)

3/8 IN. WASHER (2)

3/8 IN. WASHER (2)

SEE DETAIL A

1-3/4 IN. SQ. END CAP

3/8 IN. WASHER (2)
3/8 IN. LOCKWASHER (2)

3/8 X 2-3/4 IN. BOLT (2)

3/8 IN. WASHER (2)

3/8 IN. WASHER (2)

SEE DETAIL A

1-3/4 IN. SQ. END CAP

3/8 IN. WASHER (2)
3/8 IN. LOCKWASHER (2)

3/8 X 2-3/4 IN. BOLT (2)

3/8 IN. WASHER (2)

3/8 IN. WASHER (2)

SEE DETAIL A

1-3/4 IN. SQ. END CAP

3/8 IN. WASHER (2)
3/8 IN. LOCKWASHER (2)

3/8 X 2-3/4 IN. BOLT (2)

3/8 IN. WASHER (2)

3/8 IN. WASHER (2)

SEE DETAIL A

1-3/4 IN. SQ. END CAP

3/8 IN. WASHER (2)
3/8 IN. LOCKWASHER (2)

3/8 X 2-3/4 IN. BOLT (2)

3/8 IN. WASHER (2)

3/8 IN. WASHER (2)

SEE DETAIL A

1-3/4 IN. SQ. END CAP

3/8 IN. WASHER (2)
3/8 IN. LOCKWASHER (2)

3/8 X 2-3/4 IN. BOLT (2)

3/8 IN. WASHER (2)

3/8 IN. WASHER (2)

SEE DETAIL A

1-3/4 IN. SQ. END CAP

3/8 IN. WASHER (2)
3/8 IN. LOCKWASHER (2)

3/8 X 2-3/4 IN. BOLT (2)

3/8 IN. WASHER (2)

3/8 IN. WASHER (2)

SEE DETAIL A

1-3/4 IN. SQ. END CAP

3/8 IN. WASHER (2)
3/8 IN. LOCKWASHER (2)

3/8 X 2-3/4 IN. BOLT (2)

3/8 IN. WASHER (2)

3/8 IN. WASHER (2)

SEE DETAIL A

1-3/4 IN. SQ. END CAP

3/8 IN. WASHER (2)
3/8 IN. LOCKWASHER (2)

3/8 X 2-3/4 IN. BOLT (2)

3/8 IN. WASHER (2)

3/8 IN. WASHER (2)

SEE DETAIL A

1-3/4 IN. SQ. END CAP

3/8 IN. WASHER (2)
3/8 IN. LOCKWASHER (2)

3/8 X 2-3/4 IN. BOLT (2)

3/8 IN. WASHER (2)